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**ASPEN
Answers**

by Richard Zabriskie, MSW,
LCSW, SAC

**FEARFUL
MOMENTS**

An estimated 19 million Americans experience irrational fears (also known as "specific phobias") that cause life-altering anxiety. As a result, they go out of their way to avoid the anxiety-triggering object or situation. Perhaps the most well-known example of a specific phobia is the fear of flying. Whether this fear is engendered by the fear of dying in a plane crash, being exposed to the radiation of scanning machines at the airport, or other irrational concerns, it may help to look at the facts. For instance, far more people die in automobile crashes than in jet crashes, and the radiation in tanning salons poses a bigger cancer risk than scanning machines. Counseling can help people face their fears and overcome them.

Are you in the clutches of a phobia? Is it interfering with your life? We understand and we are here to help you. Our experienced counselors can provide the compassionate help that you need to be able to let go of your fear and be able to live a happier, healthier life. In addition to help with fear and anxiety, we can also provide you with a safe space for dealing with depression, grief, or stress. If you would like an appointment or if you have any questions, please call 608-742-5020. Our address is 2639 New Pinery Rd., Suite 1. *Offering you and your family compassionate and professional advice.*

P.S.: We tend to fear most the things that are out of our control.

ASPEN
Family Counseling
www.aspenfamilycounseling.com

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